



4 February 2021

Dear Parents/Guardians,

NEWSLETTER



Assalamu Alaykum WRWB,

Commencement of School Year 2021

It was wonderful to greet and speak at the assemblies to all students across the three campuses on Thursday and Friday last week. I hope for all our new students and staff that their first day was a pleasant and an enjoyable experience. Last week appeared to go smoothly and I would like to thank our parents and staff for their part in ensuring a smooth settling in process for our students. Please let us know if your child has any issues or concerns. A special thank you to all Staff involved in the orientation programs for the Kindergarten and Year 7 students.



Please Notify School Of Your Child's Healthplan

It is very important that you notify the School if your child requires a health care plan or has a changed plan. Information about allergies, medical conditions such as asthma, diabetes and other health care related issues should be provided to the school by parents. Please provide this information in writing to the Head of Campus. This will greatly assist our school in planning to support your child's health and wellbeing. Please also remember to notify the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts. We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.



School Photos

School photos will be taken **next week for Greenacre Primary and Secondary** students and in the coming weeks for Beaumont Hills and Hoxton Park. Please ensure students are in **full school uniform** and that haircuts comply with the School policy. During 2021 we encourage contactless payment through online ordering. Ordering photos will be simply a matter of visiting www.msp.com.au (on desktop OR smartphone), entering your personalised SHOOTKEY printed on the envelope provided by MSP (will be sent with your child), selecting your preferred pack, and paying via the secure checkout. Cash payments may be submitted in the supplied MSP envelope and handed directly to the photographer on photo day. The dates for all campuses are as follows:

Monday 8th February: Greenacre Year 3 – 6 and Primary Staff

Tuesday 9th February: Greenacre Kindergarten – 2 and all Siblings/Family

Tuesday 23 February: Beaumont Hills K – 12

Tuesday 2nd March: Greenacre Secondary Students and Staff

Wednesday 31 March: Hoxton Park K – 12

ALLWELL Academic Assessment

The new students enrolled in Years 3, 5, 7 and 9 will sit the ALLWELL Academic Assessment. The Assessment dates are as follows:

- Beaumont Hills Campus: Tuesday, 9th February
- Hoxton Park Campus: Wednesday, 10th February
- Greenacre Campus: Monday, 15th February

Please ensure all students need to bring their stationery including pencils, black/blue pens, sharpener, ruler and eraser on the day. High school students should bring a calculator.

Parent Information Sessions

There will be an opportunity to meet your child's teacher in the coming weeks. The Heads of each Campus will be notifying parents shortly of the scheduled days and times.

School Canteen

Due to further easing of COVID-19 restrictions, the school canteens across all campuses have resumed to full over the counter service. Staff will ensure that we have adequate spacing between the students as they line up to get served.

Start of the new class structure at Greenacre Secondary

For our Greenacre parents you will recall the special bulletin we sent out in November 2020 outlining the changes we would be making to the structure of our secondary classes in 2021 and the educational and wellbeing reasons for making the changes.

With the new school year, the new structure is now well underway. Our streamed classes in Mathematics, Science, English, Quran and Arabic (Years 7-8) are, of course continuing, and are all well underway. By individually streaming these subjects the individual learning of each student is now being better catered for in each of these core subject areas. It is wonderful to note that our acceleration classes in Year 9 Mathematics and Science have begun at Greenacre and at Beaumont Hills compression Biology students

are working hard along with their peers in the compression class at Greenacre.

Classes at Greenacre in Years 7 and 8 across subjects other than English, Mathematics and Science are now based on the student's home class which is non-graded. These Home classes have been named White, Yellow and Green – the School colours. In Years 9 and 10 students are studying Geography, History, PDHPE and Islamic Studies in their home class group (White, Green or Yellow). The elective classes in Years 9 and 10 are, as they always have been, unstreamed.

As with any significant change there have been some minor teething issues with timetables and classes, but these have been resolved and the start to the structure has been very smooth and positive. Most importantly classes right across the School have begun on a positive and productive note as we put the challenges of remote learning and COVID lockdowns behind us.

Healthy Lunchbox Week

Nutrition Australia founded Healthy Lunch Box Week, which in 2021, is the 7th - 13th February. Research shows that what we eat (particularly in the foundational years) impacts not only our physical health, but also our mental health and wellbeing.

Healthy eating helps children and young people cope more effectively with stress, better manage emotions, and have better sleep, all factors that also impact on a child's learning at school. So, to encourage healthy bodies and minds, MFIS has organised for Healthy Lunch Box Week competitions at Primary campuses, where classrooms with the highest tally of healthy lunchboxes will win a prize! We hope this will encourage healthy lunchbox packing routines.

The MFIS Counsellors will also be distributing some fresh free healthy fruit and student factsheets to Secondary students across all campuses throughout the week to promote the Counselling Service and how healthy eating impacts on mood, mental health and learning.

A free online MS Teams info session will be provided for all MFIS parents next **Wednesday, 10th of February from 12 – 1pm**, on the topic of how "Food Affects Mood and Learning" and will be presented by Mariam Metwally, an Accredited Practising Dietitian (BSc, Master Nutrition and Dietetics), director of Tayyib Nutrition. Mariam works with women and families and has worked with young people as a Youth Eating

Disorders Dietitian. She also volunteered with the Cancer Council and Foost (who work to inspire healthy eating through Positive Food Education). To attend the online session please use the MS Teams link: <https://bit.ly/3tkDIMn>

WELLBEING CORNER

Raising Digital Citizens - What is a digital citizen?

According to the Office of the eSafety Commissioner, a digital citizen is a person with the skills and knowledge to effectively use digital technologies to participate in society, communicate with others and create and consume digital content. Information on the age limits for social media apps is provided on the graph next page.

Principles of digital citizenship

ENGAGE positively

Digital citizens are aware of their own behaviour and how it affects others. They act respectfully and encourage others to do the same.

Tips for parents:

- Talk often and early (this trust will help them share their experiences)
- Be involved: set up digital devices in high traffic areas of the home
- Discuss responsible online behaviour: decide together what is ok and what is not

KNOW your online world

Digital citizens understand the technologies that are available and how they can be used to connect with others. They also know how they can affect their digital reputation.

Tips for parents:

- Encourage strong passwords and keep them safe
- Explore new technologies before (and with) your children
- Know how to report anti-social behaviour online

CHOOSE consciously

Digital citizens think before they act - making informed decisions about what information they share and with who.

Tips for parents:

- Ensure privacy and security settings are set and check them regularly
- Remind your children "not everybody online is who they claim to be"

Mobile Phones at School

The misuse of mobile phones has the potential to adversely impact the wellbeing and learning outcomes of our students. As such, to ensure a safe learning

environment for all students, the school has a **zero tolerance approach** towards the use of mobile phones by students. Under no circumstances are students permitted to use mobile phones inside school grounds. They must be switched off and placed in their bags or lockers.

In the event that a student is caught with, or using a mobile phone, the phone will be confiscated for the day, the student will receive an afterschool detention and parents/guardians will be called to collect the device. If the same student is caught using a mobile phone a second time, they will receive a second afterschool detention and this will automatically lead to suspension. The device will also be confiscated for one week and parents/guardians will be notified to collect the device. Contact with parents in the event of illness or other urgent matter will be managed through the school office after a student has been referred to or attended the sick bay for treatment or assistance. Should a parent need to contact their child during school hours, they must do so through the front office, and should not contact the student's phone. We look forward to your cooperation.

Traffic at Greenacre Campus

I would like to commend all 2021 new and existing parents for following the drop-off and pick-up process which was initiated last year. Parents have again adapted to the drop-off and pick-up process. Thank you for your patience and understanding.

COVID-19 Measures

To ensure the safety and wellbeing of our whole School community, I would like to remind parents to please adhere to the COVID-19 preventative measures the School implemented last year. These include:

- Maintaining **good hygiene practices** with regular hand washing, use of hand sanitizers and no sharing of food or drinks.
- Maintaining the **drop-off and pick-up only** process across the three campuses.
- Parents **are not allowed** to walk their child to the Office or assembly areas.
- Parents **must not** gather or socialise on School grounds.
- It is essential that all students are collected on time.
- Parents who wish to meet a staff member or an Executive must schedule a meeting outside drop-off and pick-up times. Telephone calls and emails are the preferred way to discuss your child with staff.
- I ask parents to speak to their children about avoiding close contact with their friends.

General Health Advice

If your child is unwell, even if they have mild symptoms (cough, runny nose, sore throat, nausea, decreased appetite, fever, body aches, diarrhoea, headache, chest pain, difficulty breathing) they **must not** attend school. You must keep them home and away from others until they have been checked by a doctor. You should also consider getting your child COVID tested. In some circumstances you may be asked to present a clearance letter from your doctor before your child can return to school.

2021 School Term Dates

Please be advised following are the dates of schooling for 2021. These dates have been published on the school website.

Term 1 - Thu, 28th January to Thu, 1st April 2021

Term 2 - Tue, 20th April to Fri, 25th June 2021

Term 3 - Tue, 13th July to Fri, 17th September 2021

Term 4 – Wed, 6th October to Fri, 10th December 2021

School Uniform Shop

All parents are required to schedule appointments for their child’s school uniform through the Midford online appointment link:

<https://Midford.as.me/MalekFahdIslamicSchool>

In order to deliver a personalised service and adhere to the current COVID-19 procedures, all visitors to the Uniform Shop including new and existing uniform fittings are **strictly by appointment only**. Students are to be accompanied at a fitting by no more than one parent. This is essential for the safety of both staff and customers.

Online Store

Parents are welcome to purchase through our online store via www.Midford.com.au

- Select Malek Fahd Islamic School Uniform Shop from the online School Shops tab
- Registering a new account - **the unique school pass phrase: Malek1989** will be required.
- Add your personal information, create a username and password

Should you require further information or details, please feel free to contact 0498 518 916.

What are the age limits for social media apps?

13 years	14 years	16 years	17 years	18 years
<ul style="list-style-type: none"> • Twitter • Facebook • Instagram • Snapchat • Pinterest • YouTube (with parental consent) • Google+ • Tumblr • Reddit • Ask FM • Musically 	<ul style="list-style-type: none"> • LinkedIn 	<ul style="list-style-type: none"> • Whatsapp 	<ul style="list-style-type: none"> • Vine 	<ul style="list-style-type: none"> • Path • Blender • Tinder (13 years with parental consent) • Youtube • Keek • Foursquare • WeChat • Kik • Flickr

Kind regards,

Mr Bruce Rixon
Principal